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National Children's Dental Health Month

Pediatric Dental Clinics to Host Annual Fair, Screenings

By Bernard S. Little
WRNMMC Public Affairs
staff writer

The pediatric dental clinics at Walter Reed National Military Medical Center (WRNMMC) and Naval Postgraduate Dental School (NPDS) will perform oral screenings and caries (also known as tooth decay or cavities) assessments tomorrow from 8 a.m. to 2 p.m. in the America Building, 4th floor Pediatrics Clinic.

Held in conjunction with National Children's Dental Health Month, the dental fair will also include face painting, storytelling, games and dental clinic staff members teaching children and parents proper oral hygiene habits for youngsters.

Children from 6 months to 12 years of age are eligible for the screening and assessment at the event, which is sponsored annually by the WRNMMC and NPDS pediatric dental clinics.

National Children's Dental Health Month, established by the American Dental Association (ADA), is an annual observance to "bring awareness to oral health in the pediatric population," explained Army Maj. (Dr.) Sheteka K. Ross-Goodlett, a pediatric dentist at WRNMMC.

"The American Academy of Pediatric Dentistry recommends [a child's] first dental exam as early as the eruption of the first tooth and no later than the first birthday," Ross-Goodlett added. "We do this to emphasize caries prevention and help parents identify risk factors."

Even before a child is born, an expectant mother should see her dentist and "optimize her oral health by treating caries and reducing the bacteria in her mouth by getting regular cleanings," Ross-Goodlett continued.



File photo

Youngsters and adults will again receive information concerning proper oral hygiene habits from staff members of the pediatric dental clinics at Walter Reed National Military Medical Center and Naval Postgraduate Dental School during their annual dental fair on tomorrow from 8 a.m. to 2 p.m. in the America Building, 4th floor Pediatrics Clinic.

"Caries is a transmissible disease," she said.

According to Dr. Clayton Cheung, also a pediatric dentist at WRNMMC, children should brush their teeth twice a day for at least two minutes under adult supervision. "Adults should always check to make sure the brushing was effective," he added.

When a child's teeth begin to touch each other, the child should begin flossing, Ross-Goodlett and Cheung continued. "A child usually does not have the fine motor skills to floss themselves until about the age of 8 or 9 years of age, [so]

parents should floss the child's teeth until the child acquires this skill," Cheung explained.

Both dentists agreed the most common challenge they hear from parents in the care of their children's teeth is fear of harming their children during cleanings. Despite this concern, they encourage parents take an active role in the oral hygiene habits of their children because "cavities are preventable."

The dentists explained diet and adult supervision are essential for good children's dental health. They recommend children eat a balanced diet, limiting sugary snack foods and

beverages, and drinking plenty of water. In addition, they recommend children limit foods that can get stuck in grooves and pits of their teeth for long periods, such as chips, candy or cookies, and brush soon after eating them. Also, fresh fruits and vegetables increase saliva flow, which can help wash away food particles.

According to the Centers for Disease Control and Prevention, "Tooth decay affects more than one-fourth of U.S. children aged 2 to 5 years, and half of those aged 12 to 15 years."

"Establish a dental home early, and maintain an open

dialogue with your child's dentist; keep regular dental visits," Cheung states.

This year's campaign slogan for National Children's Dental Health Month established by the ADA is "Defeat Monster Mouth."

"Just two minutes of brushing twice a day, and you can defeat monster mouth, too," ADA officials say.

For more information about the National Children's Dental Health Month event at Walter Reed Bethesda on Feb. 6, call Frederick Wynne, NPDS pediatric dental assistant, at 301-295-1364.

Special Report

NAVSEA Employees Return to Navy Yard Home

by **Brian Leshak**
NAVSEA Public Affairs

Forty-three million seconds, 725,000 minutes, 12,000 hours, 504 days, 72 weeks or one year, four months and seventeen days. However the time is interpreted, it is a long time to be away from home, but that is how long employees from the Naval Sea Systems Command (NAVSEA) have spent away from theirs, since the tragic shootings of Sept. 16, 2013 at the Washington Navy Yard.



U.S. Navy photo by Scott Adam Webb

Beverly Hilarides, in the time-honored tradition of Navy shipbuilders, christens the Humphreys Building, Building 197, during a ceremony at the Washington Navy Yard. The event marks the first time employees are returning to work in the building nearly 17 months since the tragic events of Sept. 16, 2013.

NAVSEA Commander Vice Adm. William Hilarides officially opened the doors to the command's newly renovated workplace during a christening ceremony held Feb. 2 on the steps of the Humphreys Building, Building 197.

"Seventeen months ago we got knocked down. But, we didn't stay down. We returned to work, kept NAVSEA going, supported the fleet, the Navy and each other," said Hilarides during the christening ceremony.

"We did so thanks to numerous people both at the Navy Yard and in the neighborhood. Though today is about looking forward and getting back to where we belong, we'll never forget those we lost that terrible day. They will always remain a part of us, the Navy, and NAVSEA."

Following Sept. 16, employees were displaced across the Washington D.C. metro area as authorities conducted a multi-month investigation inside Building 197. A decision was quickly made to renovate the building upon

conclusion of the investigation, but it would be more than a year before the workforce could return.

"It's been a good year, a year to prepare ourselves, both spiritually or emotionally to go back," said Capt. Karin Vernazza, director, NAVSEA Total Force Management, one of the NAVSEA employees who returns to the Navy Yard this week. "I believe we're stronger and better prepared to handle the challenges ahead. Over the past year we have grown closer as a result of the incident and we are committed to our mission to get the job done. That's what we're all about, supporting the fleet, so now it is about going to go back to where we belong - in the Navy Yard."

Hilarides explained that among his priorities of helping to restore normalcy, he wanted to ensure the building had a new sense of space, felt safer and brighter for employees and also had a space for employees to reflect.

"The Remembrance Area inside the building is the physical manifestation of that truth. It's also a place where those of us who were physically and emotionally affected by the 16th can go for quiet reflection and healing," said Hilarides. "Getting to this day hasn't been easy. It's been a long road - physically, mentally and emotionally but we're back. Our work home is complete."

Bethesda Notebook

Prostate Cancer Health Issues

Urologist Dr. Robert Dean will discuss "Sexual Health Issues and Prostate Cancer" today from 7 to 8:30 p.m. in the America Building, Rm. 2525, at Walter Reed Bethesda. Family and friends (military and civilian) are invited. No registration is required, but military ID is necessary for base access. For more information, call or contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meetings will be Feb. 19 from 1 to 2 p.m., and from 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners invited. Military ID is required for base access. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Wear Red Day

Tomorrow is National Wear Red Day, established to raise awareness about heart disease in women and encourage them to take action to improve their hearts. Throughout the country, thousands of people, men and women, will wear red in support of heart disease awareness and prevention. For more information concerning heart disease, visit the NIH website at <http://www.nhlbi.nih.gov/health/educational/heart-truth/lower-risk/index.htm>.

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Cervical Health Awareness

Prevention, Early Detection Save Lives, Doctors Say

By Bernard S. Little
WRNMMC Public Affairs
staff writer

"Cervical cancer is the most preventable female cancer," says Air Force Lt. Col. (Dr.) Chad A. Hamilton.

The service chief and fellowship program director of Gynecologic Oncology at Walter Reed National Military Medical Center (WRNMMC), Hamilton said there are three main steps women should take to help prevent cervical cancer: "vaccinate early; [have the] Pap test regularly; [and get the] HPV test when recommended."

Hamilton explained the cervix is the lower, narrow end of the uterus or womb which connects the uterus to the vagina, or birth canal, and HPV (human papillomavirus), is the major cause of cancer of the cervix or cervical cancer.

Though largely preventable, cervical cancer is responsible for the deaths of approximately 4,000 women in the United States each year, and for about 12,000 newly diagnosed cases annually, according to the National Cervical Cancer Coalition.

"About 79 million Americans currently have HPV and it is the most common sexually transmitted disease. Infection



Courtesy photo

Young women and men ages 9 to 26 are encouraged to get vaccinated against the HPV (human papillomavirus), which is the major cause of cervical cancer in women, says Air Force Lt. Col. (Dr.) Chad A. Hamilton, service chief and fellowship program director of Gynecologic Oncology at Walter Reed National Military Medical Center.

of the cervix with HPV is almost always the cause of cervical cancer. Though HPV infection is common, only a very small number of women infected with HPV develop cervical cancer," Hamilton added.

"As gynecologic cancer specialists, we strongly advocate that young women and men ages 9 to 26 get vaccinated against HPV. HPV vaccines have been shown to prevent infection with the two types of HPV that cause most cervical cancers. Also, regular screening

by Pap or HPV tests at recommended intervals is important. These tests help find abnormal cells or high risk HPV in the cervix before cancer develops when it is easily treated," Hamilton continued.

"For more than 50 years, routine use of the Pap test to screen for cervical cancer has reduced deaths from the disease by more than 70 percent," stated Army Lt. Col. (Dr.) Michael P. Stany, associate program director for the National Capital Consortium Gynecologic

logic Oncology Fellowship Program at WRNMMC.

"The Pap test involves looking at a sample of cells from the cervix under a microscope to see if there are any that are abnormal. It is a good test for finding not only cancer, but also finding cells that might become cancerous in the future, also known as dysplasia," Stany explained.

"There are usually no signs or symptoms of early cervical cancer, but it can be detected early with regular check-ups including tests for HPV or abnormal cervical cells," Hamilton added. "Signs and symptoms that may be caused by cervical cancer, or a number of other gynecologic conditions, include vaginal bleeding, and particularly bleeding after sexual intercourse, unusual vaginal discharge or pelvic pain."

The Pap test is recommended for all women between the ages of 21 and 65 years old, according to the Centers for Disease Control and Prevention (CDC).

"Years ago, women were instructed to have a Pap tests every year. With the new guidelines, however, less frequent testing is recommended because of how reliable the Pap test is, and due to the incorporation of the HPV test for women over age 30," Stany ex-

plained.

The CDC recommends screening for cervical cancer through Pap tests every three years, beginning at age 21 years and continuing until age 65 years, or for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of a Pap test and an HPV test every five years.

"Cervical cancer is usually diagnosed by biopsy after abnormal findings on an exam or Pap test. Treatment options may include surgery, radiation, or chemotherapy and will depend on the stage and type of cancer as well as the patient's age and desire to have children," Hamilton stated.

"Any woman is at potential risk [for cervical cancer] upon becoming sexually active," Hamilton added. "Having many sexual partners, having first intercourse at a young age, smoking cigarettes, and not having regular exams are associated with increased risk."

Stany encouraged vaccinating girls against the HPV before they become sexually active, currently recommended before the teen years.

For more information concerning cervical cancer, go to <http://www.cdc.gov/cancer/cervical/>.

Submarine Force Will Begin Integration of Enlisted Women

By Kevin Copeland,
Commander
Submarine Force
Atlantic Public Affairs

Following the successful integration of female officers on-board submarines, the Submarine Force will be immediately opening service on submarines for enlisted female Sailors. The Chief of Naval Operations (CNO) detailed the enlisted women integration plan in Naval Administrative (NAVADMIN) message 19/15 entitled, "Opening Submarine Force Billets to Enlisted Women." The plan was formally approved in December 2014 for federal funding by Congress.

The plan includes opening all submarine ratings and Navy enlisted classification codes to enlisted women in Fiscal Year 2015 for a two-phase integra-

tion onboard the Ohio-class ballistic-missile submarines (SSBN) and Ohio-class guided-missile submarines (SSGN), and the Virginia-class attack submarines (SSN).

"We are the most capable submarine force in the world," said Vice Adm. Michael Connor, commander, Submarine Forces. "While we have superb technology, the ultimate key to our success is our people. In order to continue to improve and adapt in a rapidly changing world, we need to ensure that we continue to recruit and retain the most talented Sailors. Today, many of the people who have the technical and leadership skills to succeed in the Submarine Force are women. We will need them. Integrating female officers into the submarine force has increased our talent pool and subsequently

the force's overall readiness, ensuring that we will remain the world's most capable force for ensuing decades. Following our successful and smooth integration of women officers into the Submarine Force, the Navy's plan to integrate female enlisted is a natural next step."

In addition to NAVADMIN 19/15, the CNO has also release two messages outlining conversions to submarine rating specialties - NAVADMIN 20/15 announces the "FY16 Enlisted Women in Submarines Chief Petty Officer Conversion," and NAVADMIN 21/15 announces the "FY16 Enlisted Women in Submarines E-6 and Below Rating Conversion Process."

Rear Adm. Charles A. "Chas" Richard, commander, Submarine Group 10 and leader Women in Submarine Task Force, said the two-phase integration



U.S. Navy photo by Chief Mass Communication Specialist Peter D. Lawlor

Sailors assigned to the Virginia-class attack submarine USS North Dakota (SSN 784) render a salute during the boat's commissioning ceremony.

will begin in Fiscal Year 2016.

"The Submarine Force's integration of female officers on our submarines has been very successful," said Richard. "We will mirror that successful pattern during the integration of enlisted females which will be done in two phases. During the initial phase we will select and

train Sailors for service on-board female officer-integrated SSBNs and SSGNs in the U.S. Atlantic and Pacific Fleets. In 2016 we will integrate the first two crews, the Blue and Gold crews of the guided-missile

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FFSC Financial Team Helps Patrons Save Money

By Mass Communication Specialist 2nd Class Brandon Williams-Church NSAB Public Affairs staff writer

With the winter holiday season over and the tax season upon us, the personal financial managers at Naval Support Activity Bethesda's Fleet and Family Services Center (FFSC) urge their patrons to get financially fit for the rest of the year and moving forward to retirement.

After the winter holiday season many couples, families or individuals may find themselves in a financial bind due to over-budgeting, poor spending habits or impulse shopping.

"The biggest problem that we see with people over the

holidays is people running up their credit card balances," said Brian Pampuro, FFSC personal financial manager. "Some other people get in debt by taking out loans. Typically, we let our financial guard down for the holidays and we feel a little more generous in the spirits of the holidays. Even though some people budget, they will go over that budget with impulse shopping. How do you fix that? As a family, couple or adults you should go back and review your holiday budget, ask yourself was it realistic, take into consideration inflation and cost increases from the previous year and figure out what worked and what didn't work. Then, total up everything you have taken into consideration money that you spent on food, travel or what you gave to charities. Af-

ter you total everything up, divide that number by 12 and set that money aside in a holiday account, every month, so that money is ready when you need to use it at the end of the year. Look at the holiday from what I call the 40,000 foot perspective and then do is a projected plan for the next year. There are so many things to consider outside of holiday gifts."

Through the many services that the financial managers can assist their guests with, all programs and services offered aim to guide patrons along into becoming financially independent.

"Our office specializes in helping guests with the 'art of money management,' said Pampuro. "We help with everything

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Courtesy photo

'Putting the Patient at the Center of All That We Do'

Walter Reed Bethesda Leadership Rolls Out New Strategic Plan, Icon

By Bernard S. Little WRNMMC Public Affairs staff writer

Centering on providing "an extraordinary patient experience" for beneficiaries, Walter Reed National Military Medical Center (WRNMMC) Director Brig. Gen. Jeffrey B. Clark rolled out the first phase of the medical center's new Strategic Plan and icon during town hall meetings Jan. 20 in Memorial Auditorium.

With images of the new icon and stars conveying the message, "What We Do Matters," adorning the auditorium's walls, Clark explained to staff the vision, mission and priority of the medical center as part of its new strategic plan.

The vision of the medical center is, "The patient will be at the center of all that we do. The extraordinary will be ordinary and the exceptional routine in serving the physical, behavioral, social and spiritual needs of our patients and of our people."

In line with the medical center's vision is its mission, Clark added. The mission is, "We are the flagship of our Military Health System (MHS). We ensure patient friendly access to high quality health care for all we are privileged to serve, while setting the standard in readiness, education and research."

The general also addressed

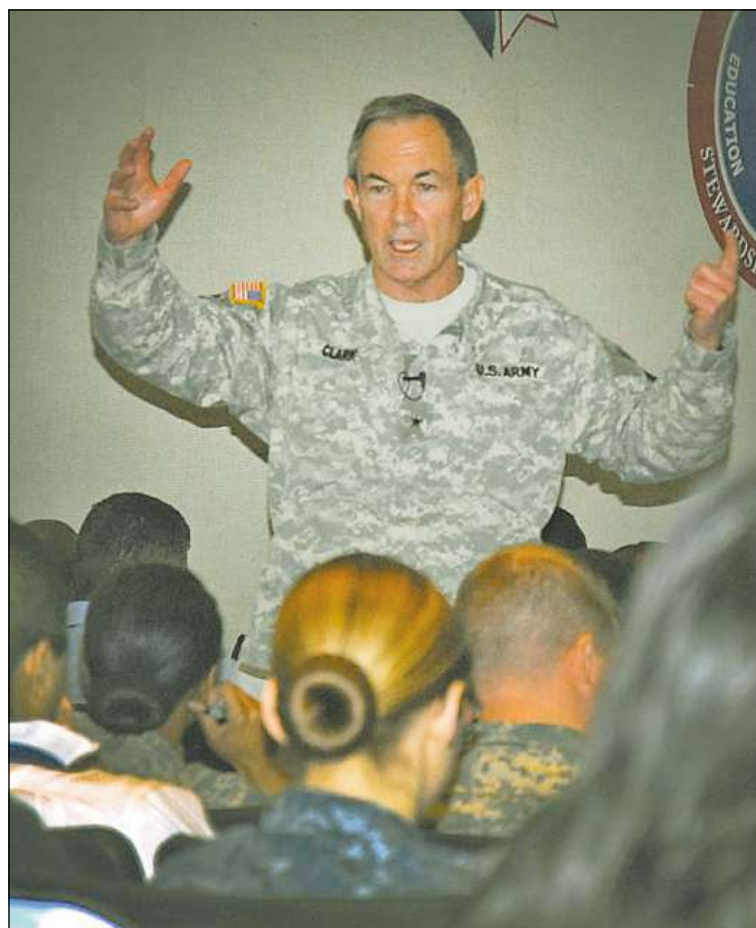


Photo by Mass Communications Specialist 1st Class Christopher Krucke

Brig. Gen. Jeffrey B. Clark, director of Walter Reed National Military Medical Center (WRNMMC), rolls out the facility's new Strategic Plan and icon during town hall meetings Jan. 20 in Memorial Auditorium.

the medical center's priority, explaining, "WRNMMC has one priority: an 'Extraordinary Patient Experience' for every patient, every time – the center-

piece of our strategic plan. 'Extraordinary Patient Experience' has two elements: (1) timely, patient friendly access, and (2) compassion."

Navy Capt. Sarah Martin, WRNMMC chief of staff, explained input establishing the medical center's strategic plan and icon came from staff members as well as leadership. "We received approximately 3,400 responses [from staff who] shared with us their thoughts and ideas," she said.

In addition to putting the patient experience at the center, the icon includes the medical center's foundations of "Our People" and "Stewardship and Accountability." The medical center's pillars of "Quality & Safety," "Readiness," "Education," and "Research," are also included on the icon. Martin explained commitment to the foundations and pillars is necessary to achieve the center focus of "Extraordinary Patient Experience."

Explaining the foundation "Our People," Clark said this involves providing Walter Reed Bethesda personnel "engaged leadership, a climate of dignity and respect, education and training opportunities, and the opportunity to prosper personally, professionally, spiritually and in their families and relationships."

"Our people deserve no less; without our people, we have no plan," said the WRNMMC director.

The general said the strategic plan's foundation of stew-

ardship and accountability involves being good stewards of resources and the public trust of the American people. He added the medical center's strategic plan and icon are closely tied to the MHS and National Capital Region's Multi-Service Market Way Ahead initiatives of increased readiness; better care; better health; and lower cost.

"We manage to maintain [collective and individual] readiness primarily by engaging in clinical care," Clark said. "When [leadership] ask us to go downrange, they want us to be good clinicians, administrators, logisticians, or whatever we are asked to do. [Walter Reed Army Medical Center, National Naval Medical Center and now] WRNMMC did an incredible job of taking care of wounded warriors over the past decade. That's what we were asked to do." He added while this remains a focus, there will be other realities impacting the medical center, but WRNMMC will continue to be ready and provide an extraordinary patient experience for each beneficiary.

"Our patients must be at the center of all that we do. Our access must be timely [and] patient friendly. Workload, patient volume and case mix index must justify resources (people and funding). Workload, patient

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WRNMMC Prosperity Fair Offers Resources, Helps Staff Achieve Goals

By Sarah Marshall
WRNMMC Public Affairs
staff writer

To promote individual growth and achievement, Walter Reed National Military Medical Center's (WRNMMC) fifth Prosperity Fair was held Jan. 21, offering staff members a chance to learn about the numerous resources available at the medical center.

Soon after taking command at WRNMMC in September 2013, WRNMMC Director Brig. Gen. (Dr.) Jeffrey B. Clark employed the Prosperity Plan, having successfully implemented it at several of his previous commands. Staff members have been provided Prosperity Plan workbooks, in which to detail their goals in four domains: personal, professional, relationship and spiritual. To assist in developing, pursuing and tracking their aspirations, staff members are encouraged to share their goals with leadership, friends and family.

Prosperity Fairs are held quarterly and organized by Resiliency and Psychological Health Services, offering staff a chance to learn about the resources available to help achieve their goals in each of the areas outlined in their workbooks.

During the fair, in Building 9's Great Hall, nearly 35 departments and organiza-



Photo by Katrina Skinner

Staff members from Nutrition Services at Walter Reed Bethesda participated in the medical center Prosperity Fair, designed to assist staff and beneficiaries meet their personal, professional, relationship and spiritual goals.

tions handed out information and answered questions about their services, such as Nutrition Services, Pastoral Care, the Department of Social Work, Junior Officers Council, Sexual

Assault Prevention and Response, Military Family Life Consultant Program, Civilian Human Resources, Army Education and Navy College, as well as Naval Support Activ-

ity Bethesda's Morale, Welfare and Recreation. Staff could also sign up for sessions of Reiki, a stress reduction and relaxation technique, involving light, still touch in a sequence of hand

placements.

"It's a fair that promotes goal setting, achieving your goals, and prosperity," explained Staff Sgt. Chris Lutz, Resiliency's non-commissioned officer in charge. "It's important for us to come together, provide these resources to staff, in one venue, so they can [access] appropriate resources to develop their goals, and achieve their goals, and be prosperous in their personal and professional lives."

A first at last week's fair: staff members describing their goals, and what they're doing to achieve them, in front of a video camera, he added. Resiliency looks to put the videos on the hospital's intranet to help inspire others, he said. Altogether, Lutz hopes staff members will learn about the available resources, so they know they have somewhere to turn when they need help. "That's what this is all about," he said.

An estimated 2,500 to 2,800 staff have attended each of the previous fairs, Lutz added, and he expected the most recent event to have the same successful turnout.

Vishwesha Patel and Jing Shao, who work in Inpatient Pharmacy, were among the many fair attendees. The two picked up pamphlets from various tables, and said one of the

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PICU Nurse Advocates for her Patients, Wins DAISY Award

By Sarah Marshall
WRNMMC Public Affairs
staff writer

Going above and beyond to ensure the needs of her patients are met, a nurse in the Pediatric Intensive Care Unit (PICU) at Walter Reed National Military Medical Center (WRNMMC) was recently recognized for her remarkable care.

On Jan. 29, Army Capt. Michelle Bennett received the DAISY Award for the month of December.

The award is presented monthly to a Walter Reed Bethesda nursing staff member who has exhibited extraordinary nursing care, and staff may be nominated by other personnel or patients. Each month, the DAISY winner receives a certificate, pin and a unique, hand carved sculpture called the "Healer's Touch,"

carved from Serpentine stone.

DAISY stands for disease attacking the immune system, and the DAISY foundation and award were established in 1999 by the family of J. Patrick Barnes, after he died from complications of an autoimmune disease, Idiopathic Thrombocytopenic Purpura, and in appreciation of the nursing care he received, explained Col. Ray Antoine, director of Nursing Services at WRNMMC.

The colonel read the winning nomination, submitted by the mother of a patient. The individual, who wishes to remain anonymous, wrote that during her infant son's stay, Bennett went "above and beyond her duties as a nurse."

"Not only did she provide excellent quality care to my son, she also made sure that I, as a new mother, was comforted and assisted with any needs that I may have had. Her level of pro-



Photo by Sarah Marshall

Army Col. Ray Antoine, director of Nursing Services at Walter Reed Bethesda, presents Capt. Michelle Bennett with the DAISY Award for extraordinary nursing services for December, during a ceremony Jan. 29 in the medical center.

fessionalism was extraordinary and her compassion for me and my family was extremely heart felt," the submission stated.

"She advocated for us to assist with case management assistance for my son's milk allergy and she addressed each and every concern I may have had during our stay. I could not have asked for a better provider for my son during a trying time. Having this nurse made this whole experience a brighter one. She is more than deserving of this award."

Bennett was touched by the nomination, and was surprised to learn she won. Upon receiving the award, she turned to her peers, and reminded them, what they do makes a difference.

"Thank you for sharing this moment with me," Bennett said. "It means a lot."

She recalled helping the new mom, who submitted the nomination, and was grateful to be able to make such a difference.

"It's nice when someone says, 'Thank you,'" she added.

"One of the best parts of being a nurse is making an impact," she said. "You never know how much what you do means to someone, so you get to see that impact and the change you have made."

Army Maj. Stephen Sheets, PICU service chief, has been Bennett's supervisor since she came to work in the PICU about six months ago, and believes she deserves the award.

"She is always going above and beyond. She never passes the buck," Sheets said. "If something is not within her scope, she goes out of her way to find the right person, making sure to find the solution. She embraces new challenges and is an asset to our team."

To nominate a nursing staff member for the DAISY Award, please contact Joan LoepkerDuncan at joan.m.loepkerduncan.civ@mail.mil.

MONEY

Continued from pg. 4

from basic budget, to thrift savings plan, car buying, home buying and consumer awareness issues to name a few. Very shortly we will be offering is what is called the Silver Financial Planner. Basically our guests will be able to focus on in-depth financial management from retirement, looking at assets, making sure you're investing correctly and helping you measure your risk tolerance."

Along with these helpful tools, the financial managers preach what they call the eight basic steps to financial fitness. These eight simple steps along with sticking to a simple budget plan are key factors to financial fitness.

"If you know how much money is

coming in and where it's going to go, you will be in a much better position at the end of the month to know how much you have left over," said Steve Harris, FFSC personal financial manager and accredited financial counselor. "Basically, with a budget you are telling your money where to go instead of figuring out where your money went. Budgets are easy to do, it's just getting started is the hard part."

According to both financial advisors, the beginning of the year is the perfect time to pull your credit report, plan your month-to-month budget and do an overall financial assessment. It's also a good time to measure your net worth and make sure you are adequately insured, especially if you've had any recent life changes.

Besides setting up an emergency funds account, "it's a matter of being proactive, proper planning and putting

your financial guard up," said Pampuro.

The programs and services offered by the FFSC financial team are offered to all active duty and family, retirees and Department of Defense employees, and the advice they give can help those dig their way out of the financial hole.

"Make smart consumer choices, do their homework before you buy a product, don't make impulse spending decisions, use coupons and know Thrift Savings Plan and what you are signing up for," said Pampuro. "Savings isn't saving unless you leave it alone, procrastination is the thief of time and always find a way to save something every month."

"If you're sick you go to the doctor, if your car is broken down you go to the mechanic and if you want some financial advice come see a financial counselor at FFSC," said Harris. "We want to try and help people not make the mistakes that leave them in a financial hole."

FAIR

Continued from pg. 5

greatest takeaways for them was the stress reduction programs available to staff, offered by Integrated Health.

"Sometimes you get busy, and you don't know what opportunities you can take advantage of, so this definitely helps us, to come out and see [what's available]," Patel said.

John Obie, who works in Behavioral

Health, shared similar sentiments. He took away some tips from Nutrition Services, he said. When asked the importance of having such an event, he said, "It's important just to be healthier, [lower] stress, and find out what resources are available."

Chief (AW/SW) Marcus Williams, the command climate specialist, also attended the fair. He said it was great to see a number of military and civilian staff, learning about the many services offered to help them in attaining goals.

"I think it's really important to give

hospital personnel, civilian and military, an opportunity to come down and learn about all the programs in the hospital," Williams said. Staff are often behind their desk, and may not be aware of the many resources at the hospital, he added. "This Prosperity Fair gives an opportunity to come down and see what's available."

The next quarterly fair is expected to take place in May. For more information about Resiliency and Psychological Health Services, email dha.bethesda.ncr-medical.mesg.wrnm-resiliency@mail.mil

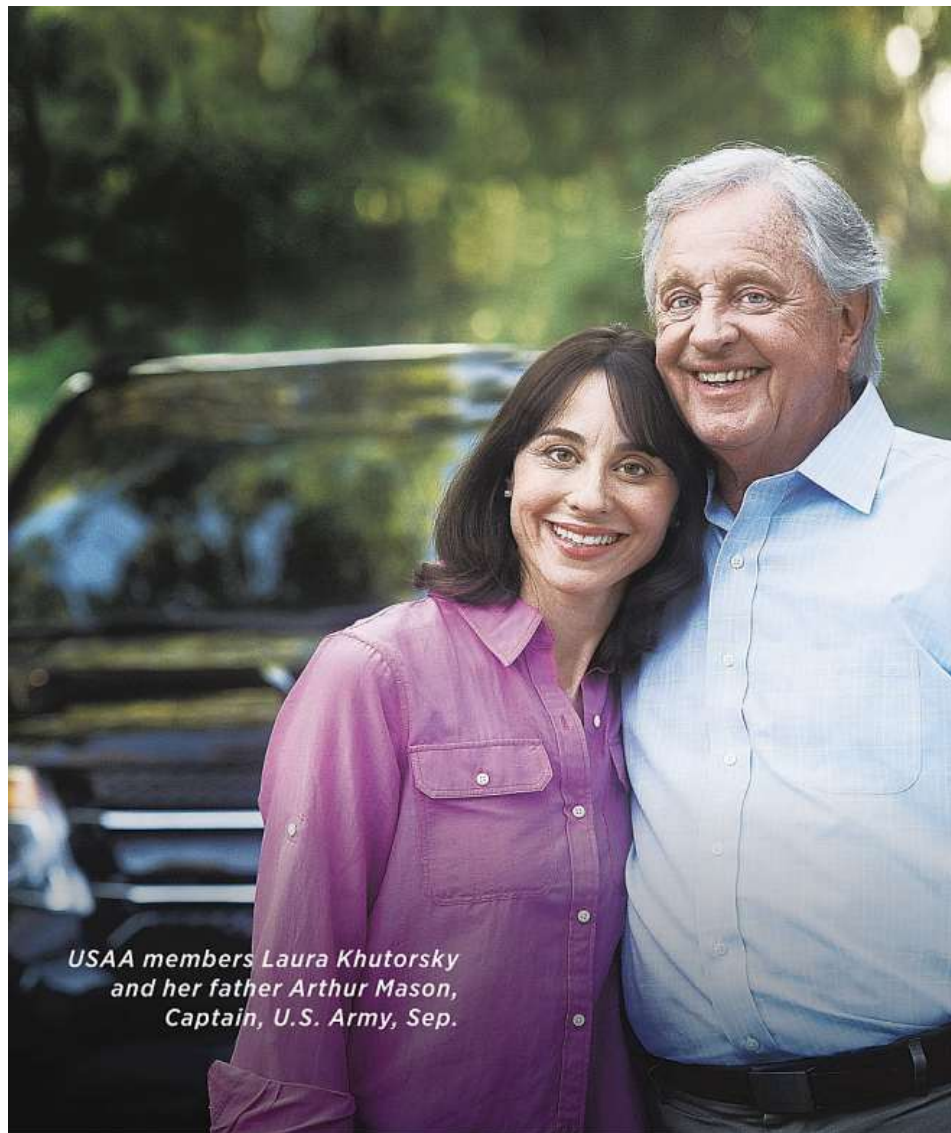
SUBMARINE

Continued from pg. 3

submarine USS Michigan (SSGN 727), and continue with 12 additional crews roughly over a five-year period through 2021. Phase Two will consist of integrating the crews of new construction Virginia-class SSNs. The plan minimizes operational impacts, and provides optimal flexibility, equity, and timeliness at reasonable cost.

"In addition to new accessions into the submarine community, our plan presents an opportunity for female Sailors in selected ratings and from pay grades E-1 (seaman recruit) to E-8 (senior chief petty officer) to convert into submarine force ratings. All prospective female enlisted Sailors will be provided the same opportunity to succeed in the submarine force as their male counterparts. "Supporting the integration of submarine crews will require modifications of the SSBNs, SSGNs, and new construction Virginia-class SSNs. These modifications will ensure conditions meet Navy guidelines for habitability and privacy while maintaining equity for male and female Sailors embarked on submarines."

For more news from Commander, Submarine Force, Atlantic, visit www.navy.mil/local/sublant/.



USAA members Laura Khutorsky and her father Arthur Mason, Captain, U.S. Army, Sep.

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PLAN

Continued from pg. 4

volume and case mix index must support our readiness, education and research. We must remain the flagship of our military health system, not just another medical center," Clark said.

Navy Capt. Clarence Thomas Jr., WRNMMC director for administration, champions the "Our People," foundation for the strategic plan. He explained the overall goal for this foundation is to develop, encourage and recognize staff of Walter Reed Bethesda. "I would highly advise that if you can't join our team [the 'Our People' foundation], you provide us with your recommendations so we can move forward," said the Navy captain.

"Our people are committed to our mission. We must be committed to our people," Clark said.

Army Col. Thomas R. Burklow, WRNMMC director for healthcare operations, champions the "Stewardship and Accountability" foundation for the strategic plan. He explained through good stewardship and accountability, WRNMMC will create "conditions to

provide an extraordinary patient experience; support our people; excel in education, research, readiness and quality and safety."

Burklow said, "Accountability is the highest priority. We need to decrease referrals to the network. We need to reduce how much care we are paying for in the civilian network, without losing sight. We need to do this while maintaining a patient-centered, patient-driven culture of quality."

"This is a great thing we're doing," said Command Master Chief Tyrone Willis, WRNMMC senior enlisted leader. "It takes more than just the general, chief of staff and other leadership to achieve this vision; it will take all of us," he added. "I can see what the great Walter Reed Bethesda can be with you, the general and me — No. 1 in patient satisfaction; No. 1 in customer service; lower cost, and increased readiness. But it will take all of our involvement."

Clark said the February town halls on Tuesday will focus on the "Extraordinary Patient Experience" initiative, and March's town halls will address the strategic plan's four pillars — "Readiness," "Quality," "Research" and "Education."

For more news from other bases around the Washington, D.C. area,

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